

The Overcomers



THE GOOD GRIEF PROJECT

MICHELLE ELLSWORTH

THE ROOT OF FEAR

CARIN FAUCETT

FAIRY TALES AND SAVING LIVES

JENNI JAMES

A DIFFICULT NIGHT

DR. STEVE NICHOLAISEN

YOU ARE SEEN

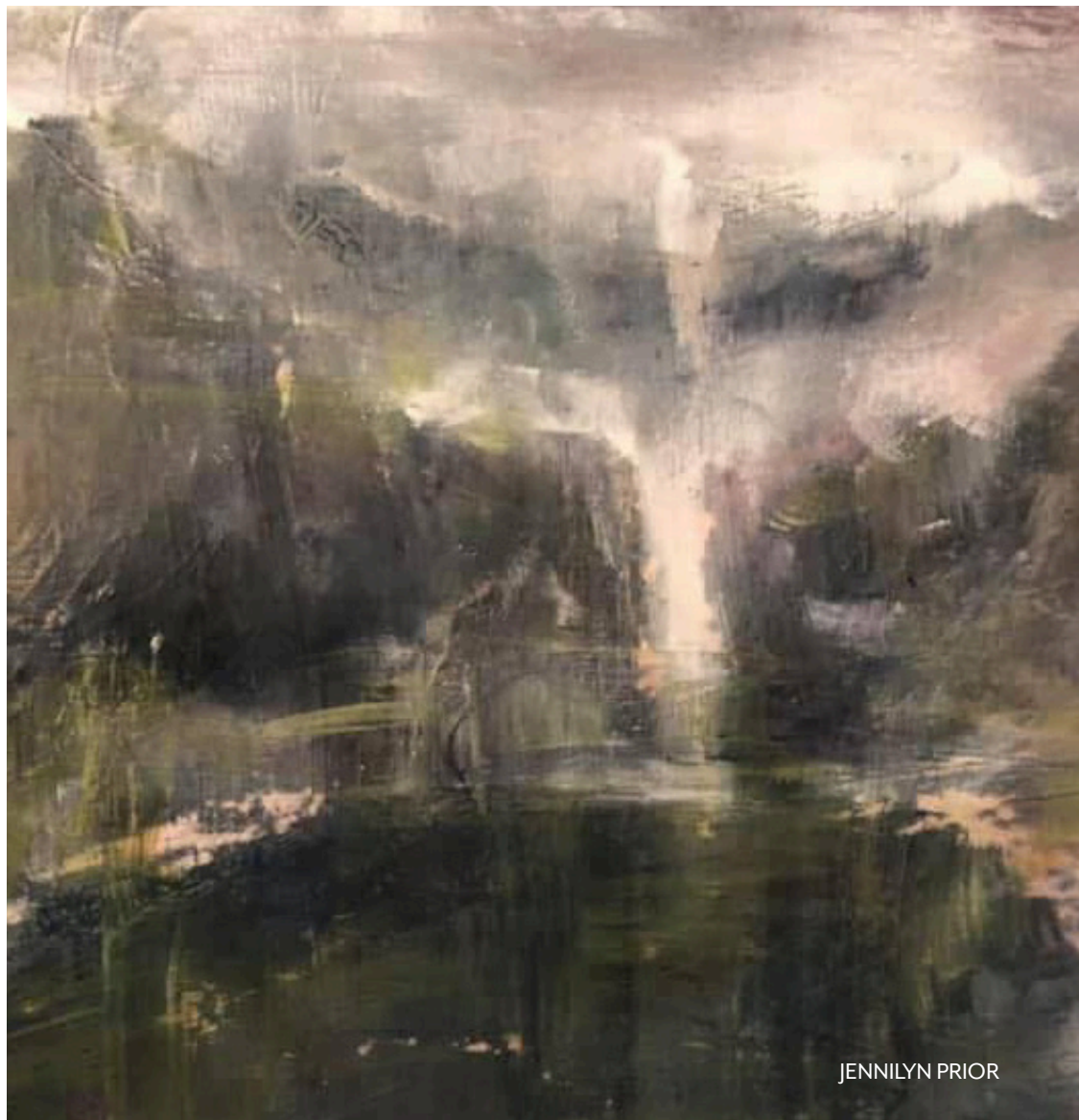
KRISTY LYNNE BURTENSHAW

TELL US YOUR STORY

Share your story of overcoming with us at
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MAY
EDITION

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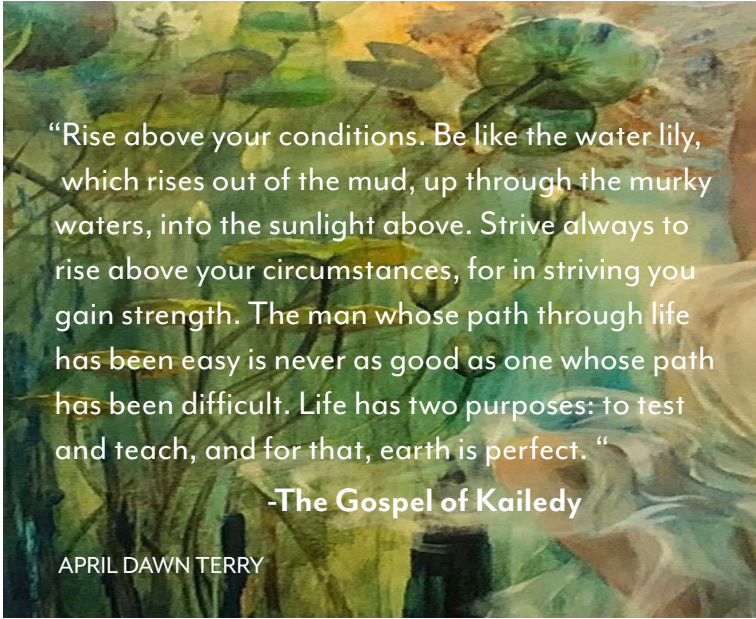


SARAH RICHARDS SAMUELSON



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“Rise above your conditions. Be like the water lily, which rises out of the mud, up through the murky waters, into the sunlight above. Strive always to rise above your circumstances, for in striving you gain strength. The man whose path through life has been easy is never as good as one whose path has been difficult. Life has two purposes: to test and teach, and for that, earth is perfect. “

-The Gospel of Kaledy

APRIL DAWN TERRY

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about the cover

“ I know there are many that are being surrounded in murky waters today. Sometimes the victory is found not in changing how we feel, but in the very moment of crisis to simply know there is light and to look steadfastly up. Do not surrender to discouragement but know in the very act of striving and reaching up your hand you are overcoming.”

April Dawn Terry

Water Lilies

“Rise above your conditions. Be like

the water lily, which rises out of the mud, up through the murky waters, into the sunlight above. Strive always to rise above your circumstances, for in striving you gain strength. The man whose path through life has been easy is never as good as one whose path has been difficult. Life has two purposes: to test and teach, and for that, earth is perfect. “

-Jesus in The Gospel of Kaledy

“Simply living in today’s world is

emotionally traumatic. But our emotional disconnection from each other, from ourselves, from nature, from God — indeed, from any sense of transcendent reality — is not one specific violent event. Rather, it is the consistent, rolling trauma of living in a world so disconnected from love.”

Marianne Williamson

YOU ARE ENOUGH!

HOW I OVERCOME ANXIETY AND DEPRESSION DAILY

Sitting in the office of my bishop, a young mother, sniffing tears away, exhausted beyond belief, I was sure that I was broken. I had just endured a year of post-partum depression and was coming to my dear friend and neighbor for some advice. Fully expecting him to criticize me for not doing enough, or being enough, I was surprised when he looked deeply into my eyes and said, "Jessica--

**GOD COULD NOT LOVE
YOU ANY MORE THAN
HE DOES IN THIS VERY
MOMENT.**

I was shocked. Did he truly mean that my value was not based upon my performance or my calling in life? Did he really not care that my makeup was running and I clearly had dark circles under my eyes? How could this be?

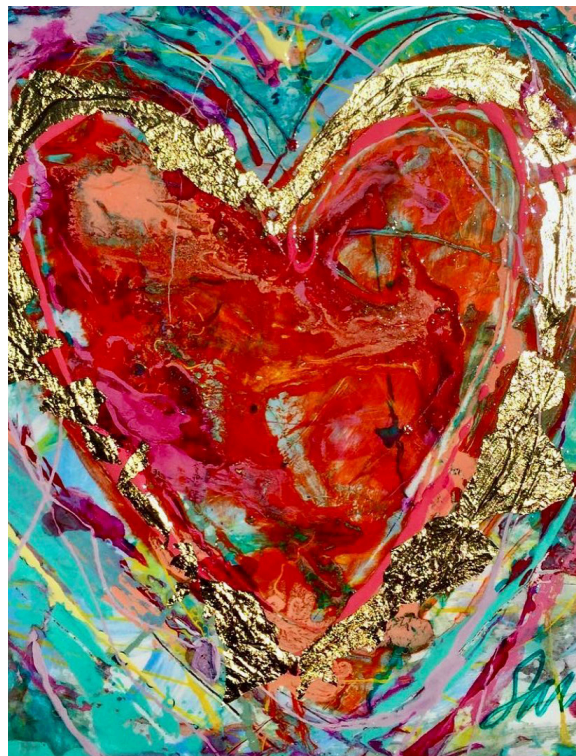
As I sat and absorbed these loving words, I went home sorely tempted to skip home, because I could feel in my heart that his words were true.

I was enough. I was SO enough and nothing I would do or not do in this life would make me more or less valuable.

After this sacred experience with this wise elder, I started to see others differently, as well. I started to be more patient in the long lines at the grocery store. I started to breathe more deeply whenever I made a mistake or felt that I was lacking in some way or another.

In each instance, I would breathe deeply and say to myself, I am loved, and it is enough.

And you are enough. It is almost cliché to mention the loaves and the fishes or the widow's mite. but the principle stands true: make effort, it is enough.



I love the sentiments from this writer:

"You have what it takes. You are strong enough. You are brave enough. You are capable enough. You are worthy enough. It's time to stop thinking otherwise and start believing in yourself because no one else has the dreams that you have. No one else sees the world exactly like you do, and no one else holds the same magic inside. It's time to start believing in the power of

your dreams, my beautiful friend. Not next year, not next month, not tomorrow, but now. You are ready. You are enough.
- Nikki Banas

After I walked home from that fateful appointment, I discovered myself more often giving myself permission to just BE. To try new things even if I was afraid that I would fail. To call a friend even if my anxiety told me that they might reject me. To not beat myself up if I burned dinner, again.

As I did so, something very unexpected happened. Things that my brain had told me were "mistakes" started blessing my life in incredible ways. In fact, I started playing a game with myself, which I jokingly called, how many mistakes can I make, today?

The question pushed back against all of the perfectionism in my head. What if things work out?

Life became so sweet. Connections were made. Adventures popped up daily. Self-forgiveness and self-love became my permission slip to a happy life. In no way does this mean that I refuse to take responsibility for my life, but conversely, it creates an opening for me to show up authentically for all of the people that mean something to me.

I don't know you, but I'm so glad you are here.



She believed her
offering was enough,
And it was.

More than enough.

She believed she had
in her hands

Enough to feed five
thousand,

And there was.

She believed

That what her Savior
was in search of

Was her.

She was the one who
gave

Just what He needed

To be able to teach

And to save.

She believed

And didn't doubt.

She had courage

To propose

Amidst the scoffs

And hunger throes---

A brave girl

believed.

—Sarah Richards
Samuelson

I
AM

Ethical
Nobility
Original
Unpretentious
Grateful
Hope

"I AM ENOUGH"
DORIAN JOHNSON

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UNSUNG HEROES

DISCOVER THE GOOD IN
YOURSELF AND IN OTHERS

A teacher in Idaho is innovating mental health in the classroom by actively challenging students to find the good in others, and in themselves. When students are actively looking for the good, they start modeling the behavior they are seeking to find in others. Children have a strong craving to be seen and valued and this program helps not only with anxiety and depression, but also teaches leadership and communication skills.

UNSUNG HEROES

“There is so much good in the world around us and most of what we focus on is the frustrations we hear around us that we can’t control.

“What we can control is what we do and how we react as we find the beauty that is overlooked and undervalued.

“Focus on finding the good things that people do without expectations or acknowledgment just because that is who they are. It is important to let them know we see them and what they are doing and that we appreciate them for the simple beauty they are giving. It’s just as important to continue to find that beauty in others while offering the same type of beauty and virtue around us.”

Dorian Johnson

Unsung Heroes

A DIFFICULT NIGHT

DR STEVE NICKOLAISEN

When I was 27 years old, I had just emerged from a difficult relationship and was in the thick of my challenging graduate school journey. I often felt depressed.

I recall one particularly difficult night. I was lying awake in bed, feeling intense sadness and heartache. I was drowning in a sea of negative thoughts, and my mind was circling the drain.

I thought I was a failure because of the relationship ending. I felt alone and undesirable. I also feared I would fail in graduate school and various doubts ran through my mind. Then, I began to have suicidal thoughts and related imagery. This was quite disturbing to me. The next several minutes were arduous...

My mind alternated between the aforementioned negative thoughts and suicidal thoughts. I felt increasingly anxious and helpless. I ended up turning on a movie, trying to distract from the anguish of these inner processes.

It took some of the edge off, but the disturbing thoughts and emotional pain would puncture through intermittently and cause distress. Late into the night, I was finally able to fall asleep.

Eight years later, I want to reflect on what could have helped me most that night...what could have helped this discouraged younger version of myself in deep emotional pain. Writing this will be healing for me, but I am hoping it will help anyone who reads it.

First, I would try to turn towards my emotions with acceptance and self-compassion. I have often found that if I can accept intense emotions and give myself space to sit with them and use my coping skills, things become more manageable. I would have said something to myself like this...


"Steve...it's okay to feel this way... you have just been through a really difficult relationship and it is normal to hurt...it might be

important for you to turn towards that pain tonight and sit with it...hurting as much as you do tonight is temporary and the intensity will pass eventually... take care of yourself tonight and find soothing activities."

One question that I often ask to help promote a self-compassionate dialogue, is, "what would I tell a friend in the same situation?" This question bridges into Socratic Questioning, which I will elaborate on later.

I have realized over the years that a large part of the intensity of emotions is physical discomfort.

That night, I was experiencing heartache...literally an aching and tension in my chest. My muscles felt tense, and my throat felt tight. Moreover, I was short of breath. A deep breathing exercise would have been helpful. For me, breathing in for a few seconds, holding for a couple seconds, and breathing out twice

A person is seen from behind, looking out a large window. The window is divided into six panes by dark frames. The person is wearing a dark shirt. The light coming through the window is bright and even.

"IT'S OKAY TO FEEL THIS
WAY... HURTING AS MUCH
AS YOU DO TONIGHT IS
TEMPORARY AND THE
INTENSITY WILL PASS
EVENTUALLY... TAKE CARE OF
YOURSELF TONIGHT AND
FIND SOOTHING ACTIVITIES."

WHAT WOULD I TELL A FRIEND
IN THE SAME SITUATION?

as long is effective. If I wanted to enhance the breathing practice, I would focus my attention on the physical sensations of the intense emotion...accepting the physiological discomfort as best I can and trying to observe any changes in it as I sit with it.

Doing this for a few minutes may have taken the edge off...it is hard to think clearly with blaring physiological discomfort.

As a practicing psychologist today, I immediately recognize that younger Steve was drowning in a sea of distorted self-deprecating thoughts. Recent experiences had activated a strong current of believing he was undesirable. He was worried about ending up alone. Also, he was telling himself he was a failure because his relationship ended. I see that he needed help in disputing these thoughts...understanding that these thoughts were not true. Socratic questioning techniques could have been helpful. Socratic questioning involves using questions and related dialogue to help one consider alternative information and perspectives (Beck et al. 1979).

relationships that ended and found someone else to be with after?

- Can you think of all the times you have been able to connect with people over the course of your life?
- Are there other areas of your life where you feel successful or that you are not a failure? You are worried about failing out of grad school...what does the evidence say? How have you performed in graduate school up to this point?

This Socratic questioning dialogue can be very difficult to do inside your own head, so writing the dialogue out or talking out loud about your negative thoughts with a safe person is even more powerful.

IN SUMMARY, the formula that has often helped me navigate intense emotions accompanied

by dark thoughts is as follows:

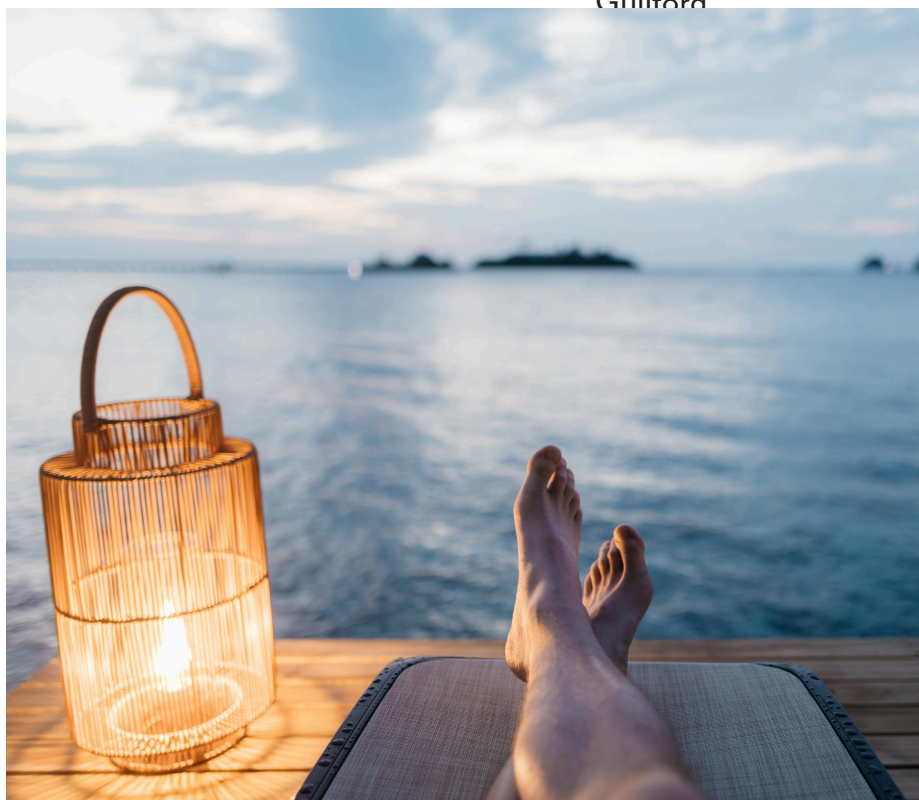
- a) Accept your emotional experience and promote a self-compassionate approach/dialogue to the difficult emotions.
- b) Engage in a practice that ramps down physiological distress. While doing this, try to get out of your head and connect with your bodily sensations. When possible, focus on the uncomfortable physical sensations and notice their ebb and flow.
- c) Examine the evidence and challenge negatively distorted narratives that are running through your mind and causing suffering.

I truly feel that if I were able to intervene in some of these ways that night, things may have been more manageable. Furthermore, I hope this will help someone navigate difficult moments in their lives.

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). Cognitive therapy of depression. New York: Guilford

A few relevant questions that may have helped Steve see other viewpoints come to mind...

- Is there any actual evidence that you are a failure?
- Is everyone who has a relationship end a failure?
- Is everyone who has a relationship end undesirable?
- Do you really think you will be alone for the rest of your life?
- Have you been in other



Questions to Ask at the End of a Relationship

- Is there any actual evidence that you are a failure?
- Is everyone who has a relationship end a failure?
- Is everyone who has a relationship end undesirable?
- Do you really think you will be alone for the rest of your life?... Have you been in other relationships that ended and found someone else to be with after?
- Can you think of all the times you have been able to connect with people over the course of your life?
- Are there other areas of your life where you feel successful or that you are not a failure?
- You are worried...what does the evidence say? How have you performed up to this point?

Dr. Steve Nickolaisen



FAIRY TALES AND SAVING LIVES

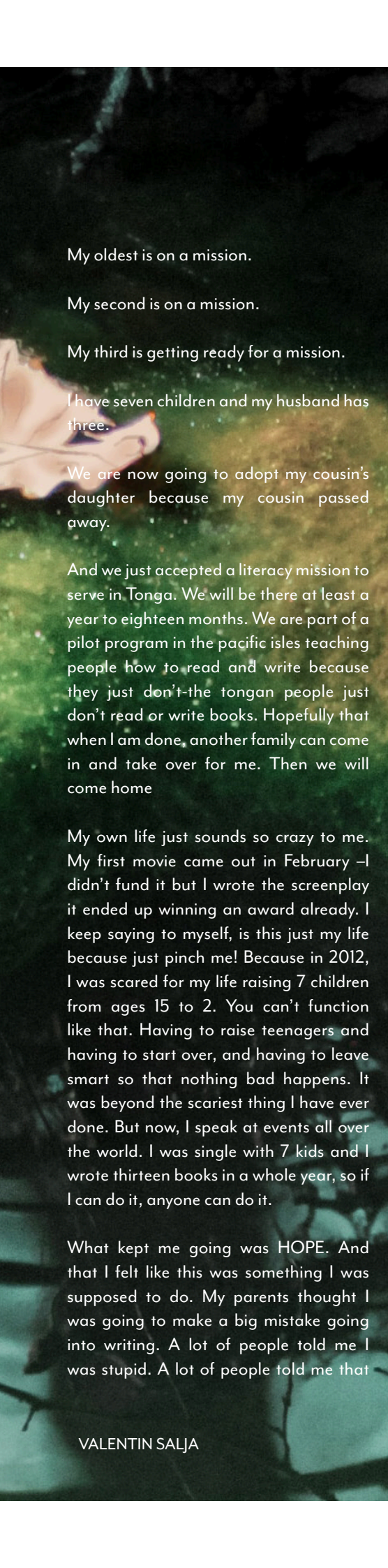
WHAT KEPT ME GOING WAS HOPE. AND THAT I FELT LIKE
THIS WAS SOMETHING I WAS SUPPOSED TO DO.

By Jenni James

My big turning point came in 2012 when the cops told me that I had a week to get out of my house or me and my seven kids were going to be dead. That was my turning point. We had been living in Utah but moved to Farmington and took whatever we could.

That was a make or break time for me as a writer. I realized that I had not seen a dime in royalties yet, and that if I was going to be a writer, I had to buckle down and start writing. I felt prompted that I needed to write.

During this time, we had to go on food stamps, and then I had to sell my vehicle. I wrote 13 books in the year of 2013. In January of 2014, a year and a half after I left my ex, we were able to make enough to pay the rent. We moved back to Utah. Then I was able to get a minivan. Then I met my now-husband. And now, I have 40 books, a screenplay, and I have a house in my own name. It is in my very own name! It is a cottage. It is like a dream come true. It is beautiful. And meanwhile, the whole time I am raising these children that are becoming wonderful people.



My oldest is on a mission.

My second is on a mission.

My third is getting ready for a mission.

I have seven children and my husband has three.

We are now going to adopt my cousin's daughter because my cousin passed away.

And we just accepted a literacy mission to serve in Tonga. We will be there at least a year to eighteen months. We are part of a pilot program in the pacific isles teaching people how to read and write because they just don't-the tongan people just don't read or write books. Hopefully that when I am done, another family can come in and take over for me. Then we will come home

My own life just sounds so crazy to me. My first movie came out in February -I didn't fund it but I wrote the screenplay it ended up winning an award already. I keep saying to myself, is this just my life because just pinch me! Because in 2012, I was scared for my life raising 7 children from ages 15 to 2. You can't function like that. Having to raise teenagers and having to start over, and having to leave smart so that nothing bad happens. It was beyond the scariest thing I have ever done. But now, I speak at events all over the world. I was single with 7 kids and I wrote thirteen books in a whole year, so if I can do it, anyone can do it.

What kept me going was HOPE. And that I felt like this was something I was supposed to do. My parents thought I was going to make a big mistake going into writing. A lot of people told me I was stupid. A lot of people told me that

I wouldn't be able to do this. But I have been able to have all the mom-moments with my children. . .All those things that I would not have been able to do if I had gotten a regular job. We are able to bake cookies together, etc. I am a lot busier now that I have a full writing schedule but I am so grateful that I can be a mom. I am so grateful that I listened to the spirit, to that inner voice.

If I can help somebody through one of my books, from my characters, then it is all worth it. There have been letters that have been written to me. People whose lives have been saved. You have to find your purpose that will define you. I have to write with a purpose. My characters have overcome things. I have overcome things. There are days that I just want to give up and I feel horrible. I have plenty of those days. So, I allow myself one of those days but then on day two, we get up and we start working. We are allowed to have a bad day now and then but we don't give up. Never give up and never surrender is my motto.

When I was dealing with a spouse who was emotionally abusive, I took the 12 step program and I learned how to break free from codependency. When I saw this, I was like WOW! I can go shopping on my own! I can go eat on my own. I can go to a movie on my own and sit anywhere I want without someone getting mad at me. Before, I would cry in a ball if anyone ever called me selfish. Every present someone gave me, I had to give it to someone else right away because I didn't think I was worth it.

Going on this 12 step journey, I have been in a process of finding ME. But when I started it, my ex husband turned super abusive -it escalated really quickly and the cops were like get out get out! I didn't have much when I left but I had my children. Now my ex is in a much better place and has remarried and I encourage the kids to have a lot of time with their dad, because I know that is how THEY will heal. I know that he's not going to be stupid and that I'm not

going to be putting my kids in a dangerous situation. My kids need that closure to be able to find themselves. I can't change how he is, I can just only let them know that he loves them in his own way-

But they have a dad now. A dad that teaches them how to fish and change tires and clean chicken pens and grow a garden and go camping and clean the barbecue grill. They have a dad that they can just sit with and chat to for hours and hours.

I was not even looking for a husband at the time. I was learning how to live on my own and actually loving it-I can order whatever I want at the restaurant. I can sit anywhere in the movie theater that I want. I can go to bed whenever I want without it being a fight. I matter. And I can go shopping for myself because I matter.

It feels like a whole new lease on life. It used to be the worst insult in the world for someone to call me selfish, But I am going to be a little selfish right now. I am learning to say no.

The first time I went out to eat on my own, I had this card for Red Lobster. I said to myself, Oh well fathers day is coming up or easter, or whatever thing I could think of so that I could tuck it away and save it for my husband. Then I had to talk to myself: He doesn't know when I'm coming home. (Because I was at a conference.) So I literally pull into a Red Lobster parking lot and I lost it. Finally I was like, YOU WILL DO THIS! I grabbed a book- it might have been one of my own books because I had just gone to a convention, and I went into the restaurant just shaking. They asked me, ONE? I said, YEAH.

I sit down and don't pay attention to anyone and I just start reading. Trying to ignore the fact that I am still shaking. I look up and everyone just starts staring at me. People were whispering. I thought they were going to be like, awww, she's all alone. But they were whispering, WHO is this? Is this some famous person? I thought they would see me as unlovable or someone selfish eating dinner by herself but instead it was like this

VALENTIN SALJA

crazy surreal thing, where even the waitress was trying to get information from me,—why are you in town? Are you on a video shoot, etc? I said, I'm an author.

They said, OHHHHH.....Ahhh.

It was a lesson for me that how people see me is way different than how I think people see me.

I walked out with my head high. I walked to my minivan and sat and realized that an hour before I had been sobbing. I am actually writing a book series about ME—it is women's fiction, called Revitalizing Jane. It is literally the six steps of overcoming codependence: Drowning. swimming, crawling, walking, running, soaring. . .The first book is already out. I have already started swimming. The character gets a little more self confident, a little at a time.

At the beginning of drowning she is literally looking in the mirror looking at herself and saying "you are beautiful." It is her learning how to live again, with flashbacks. When you have PTSD, everything will just trigger all of a sudden. So the story is about her having flashbacks and then her proceeding forward. It is definitely the hardest thing I have ever written but it is so healing.

It completely cured me. I didn't care what everyone else thinks. With codependency, you are bound by the perception of other people. You don't want other people to think you are selfish. It is like an invisible noose. And you know what? Nobody even cares. Nobody even cares if you are in a restaurant by yourself, and if they do care, they are like, who IS that?

I have always been more afraid of Heavenly Father than anyone else. Maybe that is where my own personal story is leading up. If I feel very very strongly that he has asked me to do it, I will change any course of action to do what he asks me to do. I will make it happen even if I don't know how it will happen. Shutting out the doubt even though I might have to hurt someone in the process. It is well worth anything. I know the blessings will be there if I just listen.

For me of course my listening comes from lots and lots of temple visits. I know that Satan is not on the grounds. So, if I ever need to double and triple check, I check in the temple, and I receive that confirmation. Even buying this house. Marrying Jason. There are too many things I would have been too afraid to try with out the Lord's gentle YES. So that now, it's not a question of how I will look to other people. I may look the fool to other people, but I know that my Father is proud of me.

When I was in high school and junior high I just KNEW the Lord wanted me on a mission. I had a whole mission fund by the time I graduated High School. I just knew I was going to be one of his daughters who went on a mission. I preached about it and bragged about it. And then I met my ex-husband and the lord was like, yes you will marry him. I used my mission fund to buy a wedding dress, a washer and dryer, and a couch. He was a return missionary. The Lord had kind of told me he was coming and that I'd be married in less than a year.

I was not prepared.

Literally that was the first time I heard the Lord's voice: JENNIFER

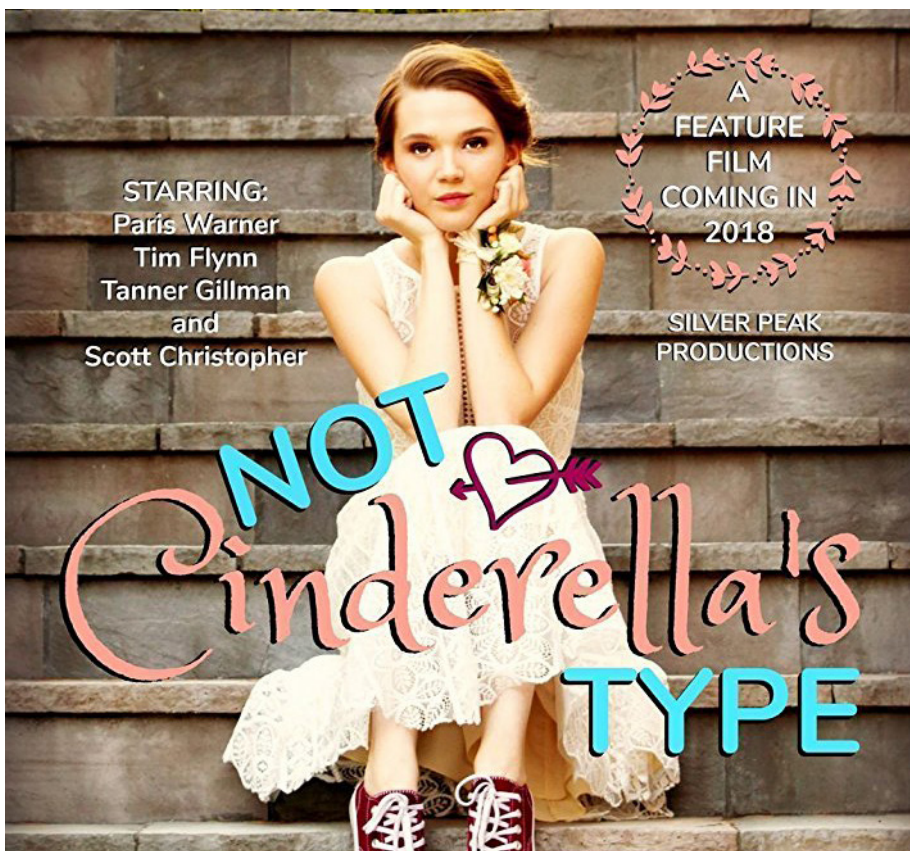
That was really really hard. Looking back, even after the divorce. I know there were reasons. I had tried 6 different kinds of birth control and I still ended up having seven kids. I was married at 18 and 19 when I had my oldest. I am now 41. I have had 15 miscarriages. I know that I had to have my children when I had them. My children know that I had to give up so much for them. I had to give my scholarship. On my 21st birthday I was 6 months pregnant and my brother went into the MTC.

I was SOOO jealous. But at the same time I was so grateful to be a mom.

The first three are all adults and the others are at various stages but they are strong and they are happy and they are really good valiant kids. I am just so proud of them and so grateful that I listened to the spirit. My ex had his free agency and he chose what he chose and where he wanted to go. I did my part and got my kids here on this earth when they needed to be here.

If I know what the lord wants I will completely change. I didn't know I wouldn't be able to have kids after 30. I needed to be stupid young. My youngest ad no fear and he ran into lakes or rivers — and had i been 35 trying to chase after him, it would have been really hard. He has been to the ER more than any of my other kids. So now I have all these younger kids so I say to my oldest—you chase her for me. I have a lot of help now.

What encouragement would you give to someone who finds that it is necessary for



them to leave their spouse?

I have had friends who have had to leave their husbands and have had to run for their lives. We were just normal friends and then things went crazy. A lot of them ask, WHEN IS THIS GOING TO GET BETTER? The answer is, IT'S NOT GOING TO GET BETTER FOR A LONG TIME. But eventually it WILL get better. The worst is over. It will still be bumpy. But things usually get worse before they get better. When the divorce papers are signed, – things get way worse.

If there is a story in you that is not leaving you alone, don't give up. Tell it. If you feel like there is something you are supposed to do, Do it. Of course you are going to fall, and you are going to have to re do it over and over again. But a little bit of failure is like one of those mazes, If you make a wrong turn then you have to reset and you can say, well at least i know not to go that way again. I just feel – – if you know you are supposed to be doing something, you have GOT to try..You can be the greatest piano player in the world, but if you never step up to the piano. . . nobody just jumps in the pool and wins the gold medal. You are going to lose. You have to lose along the way. The Olympians lost races, but they got up and tried again. It hurts and its hard and you have to sacrifice things, but it's so worth it in the end.

It 's not going to get better for a long time. A lot of people were thinking my ex was a bad guy and he had to tell so many lies and said I cheated on him and had affairs. I had to put my head down and thought, I am not going to have any friends left after this, but I know who I am and I have my Heavenly Father.

I have already received 8 letters since this movie came out that lives have been saved. One girl wrote to me: I thought my world was done and I thought it was over and then someone led me to one of your books and I realized that if your characters can get through this, then so can I.

When I was writing about Rapunzel, the witch kidnaps her and turns her family into stone and she knows the prince is coming, she knew that he would be turned into stone as well. She just know that she's killed her own family just by existing. So

she becomes so depressed that she is going to commit suicide. In the first version of the movie he catches her right as she is about to commit suicide. . . then I realized that I have girls reading this and I had to rewrite from the beginning, several chapters back. I just had to dump it because in the end, SHE HAS TO SAVE HERSELF, because we don't all have princes to rescue us. Instead she says, what am I doing?! And then she stops herself. I had to make HER wake up and not allow these girls to think that someone else is going to come in and save them. So I have learned that every word matters in a way that I never knew.

A girl wrote to me about the movie I just did. She said to me–

“My mother left me with an aunt and an uncle – I was fourteen and I felt so rejected by my family that I had ostracized myself from my family and I just knew that nobody loved me. I was suicidal and knew a few ways to do it and had planned it out including plan B if plan A didn't work out.

“Then I read Not Cinderella's Type. It is about a girl who has an awful family but then a boy –the prince–

brings her into his family and is so sweet and kind to her. After reading this book, I realized that my family IS the prince. My family is amazing and I had turned away every gift they gave me. I convinced myself I was living in a horrible family, but I realized that I wasn't and that my family was awesome.”

THOSE are the kinds of stories I get every week. Stories that say – You saved my life by showing me how good it was – and I was like WOW!!! You never know who you are going to reach. At least twice a week, someone writes to me in an email, or they tell me their own Cinderella stories. . .It is so good to give people hope. Even my oldest daughter at home, she has written and directed her own play for childrens' theater and she is actually being paid to do it.

We've all been drowning and we all have to come out of it. I don't know anyone who doesn't have a story. It is fascinating. Everything starts out very small. Every word matters. You matter. If you know you are supposed to be doing something, you have GOT to try. It is SO hard, but you will be SO thankful.

If there is a
story in you
that is not
leaving you
alone, do it.

Jenni James

The
Overcomers

THE POWER OF POSITIVITY

LYNDSIE JONES SHARES 4 TOOLS OF POSITIVITY

The most important tool in my toolbox is prayer. I know that prayer with my Heavenly Father is powerful and that I can pray anywhere, at any time.

The second most important tool in my toolbox is my supportive network of friends, family, and neighbors. I know that I have to be open and honest with everyone about what my needs are and I have to be willing to ask for help. I say, here is what I am doing, and here is how much I can do.

Third, I very strongly recommend visiting with a licensed professional. It has made such a difference in my life, that when I was crumpled in a ball, exhausted and barely able to think, that I had the assistance of someone who could take me through the steps of what I needed to do next.

For example, one of the first techniques Dr. Paul taught me was to feel all of my feelings, and then let them go. He taught me how to get outside of the situation. He said it was good to feel my feelings, but not process them over and over again. As I was able to feel my feelings as an outside observer, eventually the feelings passed

and I was able to move on to whatever I needed to do next.

Fourth, to-do lists. They may be stressful to some people, but for me, they are actually quite relaxing to my mind. I love to see what all I have on my plate so that I can sort through them and determine what the most important things are.

The last tool in my toolbox is taking time to capture moments of joy. There is so much natural beauty in this world, just like this beautiful spring day that we are having right now! And when I see my children serving each other, or doing some amazing things, I love to talk to them, right in the moment, and tell them how awesome they are and how much I appreciate them.

**"TAKE TIME TO CAPTURE
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LYNDSIE JONES



ANNIE SPRATT [HTTPS://UNSPLASHCOM/@ANNIESPRATT](https://unsplash.com/@anniespratt)

Together, We Can Heal

A photograph showing a woman with short brown hair, wearing a purple and grey striped shirt, smiling as she performs a massage on a person's back. The person being massaged is lying face down on a massage table. The woman's hands are positioned on the lower back. In the background, there is a green handbag on a surface and a white patterned cloth.

BY KRISTI CORLESS
WWW.MYDOTERRA.COM/KCORLESS

Essential oils have been used anciently. There are over a thousand biblical references to essential oils. Recently in the last several decades they have become increasingly popular in the US. And locally even more so in the last 14 years. Pleasant Grove based doTERRA has become the worlds largest best selling brand. The education quality/purity of their oils and their humanitarian work is spreading fast!

Why is that? One, There has been a big increase in the desire to look at natural solutions without the harmful side effects. Two, They are very effective for aromatic, internal, and topical use, for pain, cuts, bruising, many skin issues, even sickness, because of their anti bacterial and antiviral properties. And third, the cost, they are actually only pennies per use, because they are so pure and potent a little goes a long way! You may be wondering, Can they be a helpful tool with mental illness issues? The answer is a resounding YES!

When you breathe in an essential oil it goes in through the nose to the limbic system and the limbic system then signals the brain to get the message out to the rest of the body to calm and relax or to feel energized and uplifted. Depending on what essential oils are being used. The fastest way to effect this change is to either breathe it directly from the bottle or put a drop on your palm and rub it together with your other palm then cup over your nose and inhale deeply. At least 10 deep breaths. You'll notice a difference in as little as 20 to 30 seconds.

Are you stressed right now, and don't have the highest quality essential oil? No worries, take 10 deep breaths and you can still feel a difference as you imagine all the stress leaving your body with each exhale and with each inhale imagine you are breathing in peace, strength, calming energy, love, and feel power entering in your body, and expanding from head to toe. Knowing you are in control of your thoughts, and actions, so you choose to breathe and relax.

I personally love breathing in the adaptive blend that was created to calm feelings of stress and overwhelm. It calms, uplifts and energizes me during the day but can also be helpful in the evening to calm things

down. My daughter and many others find the adaptiv softgels with their combination of amino acids(building blocks) essential oils and herbs are very effective for feelings of anxiousness.

The experts are saying there is an epidemic of mental health issues due to the pandemic. The worst is yet to come! My positive heart aches when I hear this. Yet I know it to be true. Even in my own family I have seen the evidence. People are struggling more than ever before! People that never experienced anxiety or depression are now struggling. People who already were experiencing it its now become more intense... Suicide rates are at the highest ever. Even growing in other 3rd world countries.

WHAT CAN WE DO?

I'm so excited to share 2 more easy to learn tools that everyone can learn and share in their own homes and with friends and neighbors. It's called "Aromatouch" Hand technique and Back technique. People have been isolated and even feared physical touch these last 2.5 years.

Connection through physical touch is healing and powerful! The hand technique can be calming and uplifting depending which oil is used. It takes about 5 to 7 min. You can have that connection, use the oil, they breathe it in, their hands feel amazing

after, you can ask the person questions, they can feel heard and loved. And guess what?! You feel better too. You've also breathed in the oil and you've served!!! That's another big key to mental resilience the experts are encouraging. Service.

Now combine the 8 most effective oils to calm stress, support the immune system, reduce the inflammatory response, and create overall homeostasis with Dr. David K. Hill's experience as a Chiropractor using the most effective light touch to get the oils into the system balancing nervous system, the 10 meridians and so much more! This is the back technique!

May 18th at the Radical Chiropractic Center West Jordan Utah@7pm I am teaching a free class, including a full demonstration of the back technique and everyone will give & receive the hand technique and walk away confident to share again and again as they witness people struggling. Do you want to feel empowered to make a difference in your family or maybe more, to those all around you too? We need everyone's light in this world! Every life matters! It's up to us, to see the need and help. If not you, than who? If not now, than when?

Space is limited, To Reserve your spot text Kristi Corless 801791-4901 or email kristicorless@gmail.com



AROMATOUCH™ TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

1. STRESS MANAGEMENT



2. IMMUNE SUPPORT



3. INFALMMATORY RESPONSE



4. HOMEOSTASIS



MAY IS MENTAL HEALTH AWARENESS MONTH!

Are you or anyone in your home feeling STRESSED?
OVERWHELMED? ANXIOUS? DEPRESSED?

**COME RELAX AS YOU EXPERIENCE THE AROMATOUCH HAND
TECHNIQUE!**

MAY 18th 2022 at 7 PM

AROMATOUCH™ **TECHNIQUE**

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STRESS
MANAGEMENT



IMMUNE
SUPPORT



INFLAMMATORY
RESPONSE



HOMEOSTASIS



**ENJOY
CONNECTING
WITH
OTHERS!**

**FREE PRODUCT
GIVEAWAYS!**



Created by Chiropractor David K. Hill

**Enjoy a demonstration on the AromaTouch back technique and learn how to
incorporate this in your own home to decrease stress, calm or uplift mood,
decrease inflammation & create bonding moments.**



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Space is limited text Kristi Corless 801.791.4901 to reserve your spot.



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THE ROOT OF FEAR

CARIN FAUCETT

FIND THE ROOT.

EXAMINE THE COST.

DECIDE ON A NEW BELIEF.

TAKE THE FIRST STEP.

WE STRIVE OUR WHOLE LIVES TO OVERCOME FEAR.

Fear of repercussions in relationships.

Fear of never being enough.

Fear of failure.

**Fear of pain, both physical and
emotional.**

Fear of humiliation.

Fear of being alone

There are so many fears that it's a wonder we can even function.

I've been asked how do you overcome fear? Part of me wants to say, "Hell if I know." Because it's scary to uncover fears and most people don't really want to change. But the other part wants to say, "If you are willing to do the work, it can be done."

You must be willing to examine your life. Fears come from somewhere. From society, from the people around us, and from our experiences.

The first step is to look at the root of

your fears. Many fears originate from childhood. When I was a young I woke up one night to find a hole punched in the bathroom door. Dad had been so stressed from trying to provide for the family that he resorted to physically damaging himself and the doors of our house. Even at this young age I knew that one did not bother Dad, wake up Dad, or talk to Dad when he was like this. He was such a tight wire, that none of us wanted to disappoint him.

I worried about him, even as a child, wondering if he would make it sometimes. He was a good father and was doing the best he knew how. Even so I picked up a legion of fears, that didn't reflect reality.

From this time came the root of: Fear of hard work, Fear of making money, Fear of upsetting people, Fear of talking about problems, Fear of poverty etc. With each fear I have asked myself, "what has been the outcome of this fear?"

Fear of talking about problems has taken a huge toll on my own family. When my husband started drinking, I was so petrified by fear of what might happen should I talk with him – that I pretended that it was not happening for 13 years.

When my two sons battled porn addiction, we did not talk about it for 5 years. But then fear multiplied the pain each of us was experiencing. My marriage felt like a prison, my sons had depression and eating issues, my husband didn't really want to be a part of the family. There is always a choice, but at that time the choice became clear to me. Face the fears or choose the destruction of my family.

TO SUMMARIZE:

I found the root. (Fear of talking about problems.)



Examined the cost. (The destruction of my precious sons and walking on eggshells for the rest of my life.)

Decided on a new belief. (For me it became: I can do all things through Christ.)

Took the first step. (Found the greatness in my husband and sons under layers of addiction. Then decided that I had to show them change, as well as communicating change.)

I am so glad I did.

In the past two years I have overcome multiple fears. It has been a time packed with changes. These have not been easy changes. It has hands down been the hardest and best two years of my life.

The outcome has been that my family and I are happier and more unified than we have ever been. Yes, we still have problems. But now we have better patterns and tools to address these issues.

For each of you that have been crippled by fear, be still. Place all fear, mistrust,

hopelessness, shame, and betrayal in a holding cell for a moment. Be kind and merciful with yourself. Ask yourself what is the next best step is for you, for your family, for your one life. Then trust your intuition. You know yourself and your circumstances better than anyone. What can you do to infuse your life with love?

Then trust and act. You've got this.

<https://www.carinfausett.com/>

be still.



A painting of a crow perched on a wooden structure, possibly a fence or a piece of machinery. The crow is dark with iridescent blue and green feathers on its wings and tail. It is looking to the right. In the background, three other birds are flying against a warm, yellowish-brown sky. The overall style is painterly and expressive.

trust.

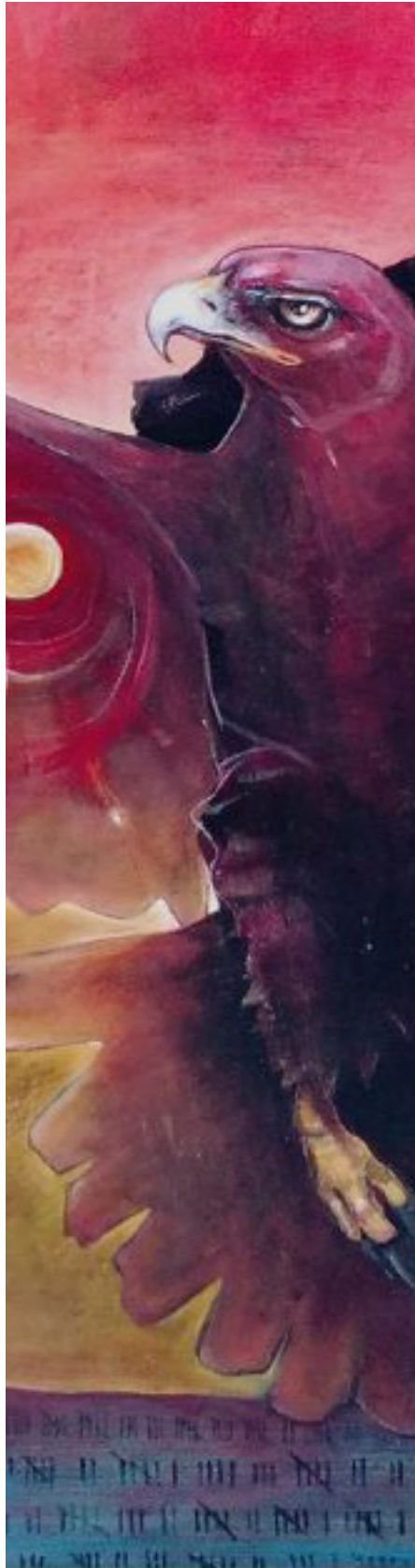
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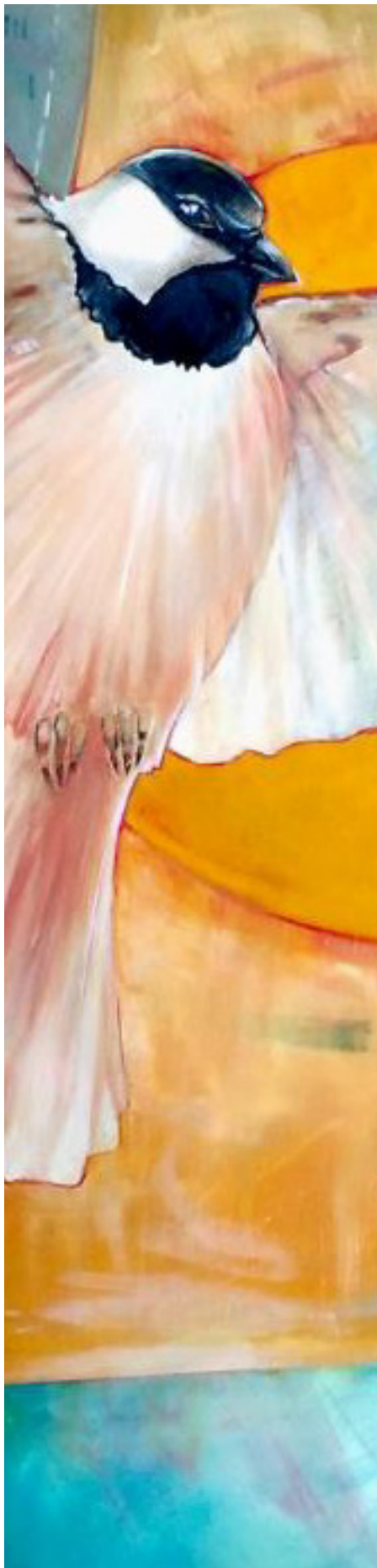


Bargaining



Anger





Depression



Acceptance

The 5 Stages of Grief, by Carin Fausett

Carin Fausett is an award winning artist who has exhibited and lectured at Utah's top museums. She received her BFA from BYU.

Her creative journey began with hearing aids and thick glasses that isolated her.

For Carin, life consisted of being on the outside looking in, until she discovered art. Now she sees the same pattern of isolation, repeated through all humanity's issues.

Currently Ms. Fausett is using her art to communicate about how challenges lead to connection.

Connect and find your wings, you've had them all along.

YOU ARE SEEN

KRISTY LYNNE BURTENSHAW LMT SI
DANCECORE.US

YOU ARE SEEN.

As a bodyworker and friend I have been at the crossroads for others, but my initial crossroads was my own.

I was eleven, the new girl, and the lead in the school school play. After I married, a fellow student told me that the boys had all had crushes on me and the girls were all jealous, which is why no one was kind to me. Three girls, in particular, cornered me after school on the stage and wrapped me in the wing curtains. Though they didn't harm me physically they said mean

taunting things and tapped my feet with baseball bats from the gym equipment.

I doubt they remember that day, but it is certainly cemented in my memory.

I went home, curled up in my closed and cried in the dark. I don't know how much later it happened, but I took a bath and I thought quite melodramatically that I could just drown there and die.

As silly as that sounds to an adult, to a child going through brain pruning and isolation at home and school, it seemed possible. I had heard that I had drowned and died in the tub when I was an infant,

so my short sighted eleven year old mind didn't recognize the ability difference of an 18 month old.

I had felt deeply unneeded and unloved, and those emotions were louder than logic. I was alone, or so I thought.

During my eighth year of college I had a training that has changed how I see people. We were told that being a massage therapist put clients in a position of vulnerability, yet they feel safe enough to entrust a bodyworker, (ME) to touch their body and help them heal with positive platonic touch. That safety might give them the courage to talk about self-harm. We were instructed to ask something that I want you to always remember. Ask this, if ever you are given such a trust:

"HAVE YOU TOLD ANYONE ELSE?"

Take a moment and solidify those words in your heart, you may save a life.

"Have you told anyone else?"

That person is reaching out to you in the most precious trust you can receive.

If you aren't qualified to help, granted most people feel inadequate in such a role, refer them. Help them find the help they need, because if they are feeling that deeply then the problem needs to be addressed in their head and in their heart. Let them know you are a support system, but maintain boundaries.

I've seen both those who are legitimately



needing a hand up, and those who are begging for a handout. It's hard to see the difference, which is why I don't suggest taking up being their therapist unless you've been trained.

That being said, there are things you can do that you are qualified to do. Safe, platonic, touch is one of them.

TRY THIS:

Turn the person to your side and put your right hand up with your thumb out. Place it on the hand of the person's hand next to you and wrap your thumb around their hand. This is a hand hug. Not my idea, but brilliant.

Touch matters. Safe touch. Kind touch. Respectful touch that says you have boundaries and you are stopping at theirs. It says "you are good enough right now the way you are right now in your journey, and I care about you."

I'm not going to say if, I've worked with hundreds of clients and I believe we all have negative self talk, so I'm going to say when.

When those thoughts come into your head. That is your private space. Those thoughts are poison and I strongly doubt you're going to share them with anyone, yet the worse place for those thoughts is to stay in your head. They are damning and shameful, only when we don't share with someone who can help us? We all have them, it unfortunate, but normal.

What are you to do? The possibilities are as varied as there are people.

I WILL TELL YOU WHAT I DO.

I sing. I start with a song that makes me feel my sorrow and loneliness deeply. When that song is over I sing another song, then another, and another. When my first engagement broke two decades ago I sobbed out the songs at first, but in the end I was singing music that made me feel so good. It was cathartic and helped me move forward.

Doing things that create endorphins is healthy, like going on a walk, climbing

Breathing for Posture

Brian Burtenshaw, LMT SI

Gravity is actively working on our bodies at all times.

When our skeleton is aligned correctly to work with gravity, our muscles don't have to work as hard.

Think of a pole that is supported by ropes. If the pole is leaning and not standing straight, the ropes have to work harder to keep it from falling. With bad posture, our muscles have to work harder to keep us from falling, leading to tightness and pain.

POSTURE VS. POSITION.

Posture is a relaxed and natural state, Position is forced and held. Most of the time when we put ourselves into posture, we are really positioning our bodies by over engaging muscles, often incorrectly.

Resting Posture is the posture we have without thinking about it. For almost everyone, this is off actual balanced posture.

Active Posture is improved posture that we can achieve through self awareness and conscious effort.

Dynamic posture is maintaining a relaxed correct posture through dynamic movement - sports, dance, etc...

Our best breath comes when we are in posture. If you relax as you breathe you can feel your body gently nudging you into posture.

Let your body adjust your skeleton as you inhale, then relax in that new posture. It might feel weird or fatiguing to be in the new Active Posture, but as long as it does not hurt, you can trust your breath.

Follow the QR code to learn more.



in at the quarry, the skydiving tunnel, receiving acupuncture or massage, writing in your journal, having your hair styled or cut. Do something that is both safe and helps you. For some that is being alone and for others it is safer to be near people, know the signs of sorrow and make habits to redefine your day.

SERVE.

Brene Brown talks about how if you turn off negative emotions it also turns off positive ones. After a particularly devastating miscarriage I turned off my feelings. It was only when I served someone, who had no idea of my pain, that I felt anything. I felt good, for five whole minutes, and having any emotional response was healthy...but especially a happy feeling when I had gone weeks with numbness.

I know now that beyond bullying being wrong, it was my own choice to take it personally and dwell on it for over twenty years. Letting it go was a relief that I could have chosen earlier had I sought out therapy earlier.

Do your very best to follow those quiet whisperings to help others. In the end, agency is real and we simply have to respect that there are things out of our control. This is not some flippant platitude, I have lost two family members to this disease recently, two people who fought hard against the painful stories in their heads and did honorable things for years to prevent succumbing to the pain. I love them, and I forgive them for leaving this life early. The forgiveness is for me just as much as it is for them.

Reflecting on my naive eleven year old self, when I was wishing that I could just return to heaven. I was too emotional to recognize I was overgeneralizing the pain, the isolation, the lack of support. It felt so real and I just wanted to go home.

I had clear thoughts enter my mind and peace enter my being.

"I WILL BE YOUR FRIEND"

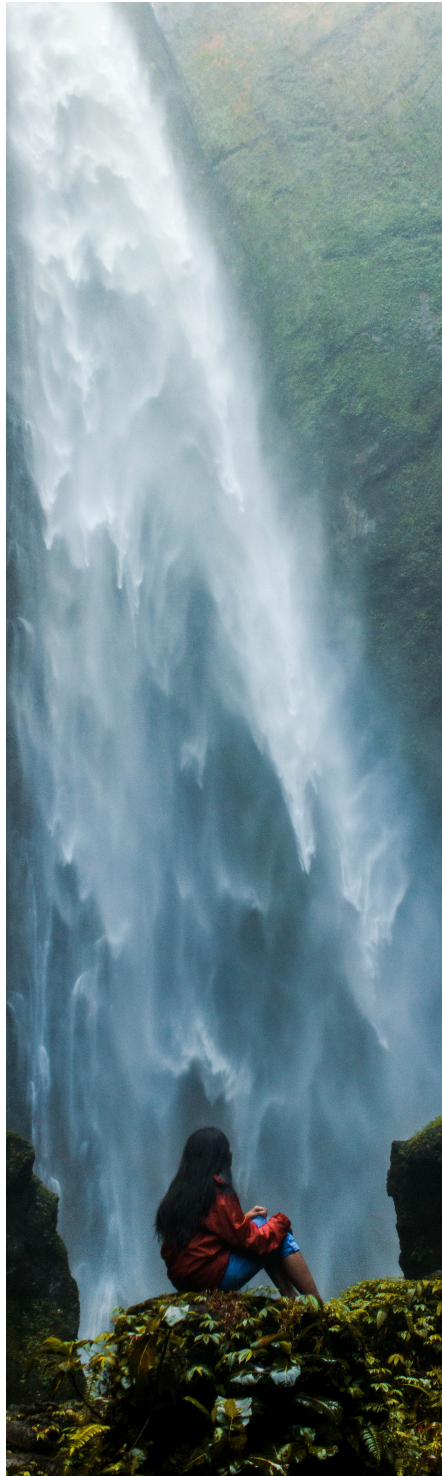
and I knew those words were from my Savior, my God.

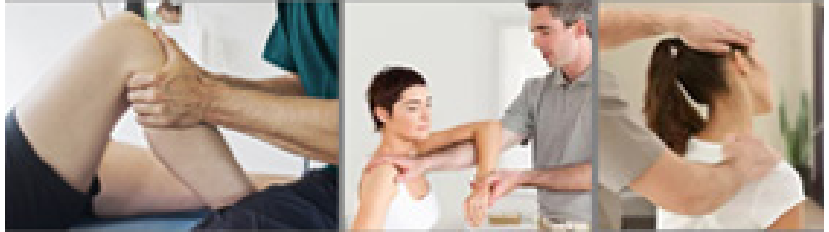
I have a friend. Always. Someone to

support my good desires, to discourage my negative ones. When I need comfort I can seek it, but I also get to rejoice in joy and He is always there to make my celebrations more joyful.

No matter your religious denominations, whether you call the Creator of All That Is: God, Allah, Tao, Jesus Christ, Heavenly Mother, Heavenly Father, or the Universe, cling to the Divine.

It's your time to live a little healthier and a little happier, and in the end it is between you and your creator to make that happen every day.





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"I TELL JOKES
BECAUSE I
WANT US TO
CONNECT.
I THINK IT
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BECAUSE
ULTIMATELY ...
I BELIEVE THAT
WE ARE ALL
FAMILY."

“WE GOT YOU”

STEVE SOELBERG, DRYBAR COMEDY

It maybe seems weird on a show where it can be like, “This is such an important message, don’t miss this, don’t miss this,” and then I come in here making jokes about weighted blankets, and it can feel out of place. . .

But the truth is, that every show I do, is a suicide prevention concert. The whole cause of this career, like, I do this because I want people to be happy and I want them to feel happy and them to be able to get rid of the heaviness.

Because life has been so so heavy especially since this virus Stay far away from people but don’t show your face. Do all the things how we normally connect but then it’s gone and obliterated. It’s been an intense world, and it has made it tough, but hopefully jokes can help make you feel happy and light.

I think everything we are doing is begging for us to connect with each other:

We are singing songs, we are having speakers, we are sharing personal stories we are sharing jokes. all of those are to connect each other to each other and I think that is ultimately what we are trying to do every day of our lives in all of these things.

This is why I tell jokes, because

I want us to connect. I think it is why musicians sing songs. I think it is why we share stories, I think it’s all the reasons for this, because ultimately believe that we are all family. And I think there is nothing more powerful than being part of a family that says:

“WE GOT YOU.
THIS IS GOING TO BE FINE.
WE’RE GOING TO BE
TOGETHER.
IT IS ALL GOING TO BE
GOOD.”

Steve is a stand-up comedian who grew up in Seattle, WA. He graduated with a degree in biology and still sciences whenever he can. He’s been working as a stand-up for twelve years, and it’s done wonders for his middle child syndrome!

His first comedy special, ‘We say bim,’ is streaming on Amazon, Dry Bar Comedy, Sirrius XM, and Spotify. His clips on Facebook and Youtube have garnered millions of views. He performed at the famous Oddball comedy festival that included Demetri Martin, Sarah Silverman, and Jim Gaffigan. He has been a part of the ongoing dry bar comedy tour since 2018. He is dog person - whatever that means.

“Commitment is a tool. Commit to finding happiness. Never stop looking for happiness and never stop looking for the good.”

-Michelle Ellsworth

